

The Spelman Spotlight

Volume XLVIX

February 26, 2001

-What's Chris Rocks' idea of a ghetto heaven?

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-Our ladies get poetic as they talk about love, life, and ummm....

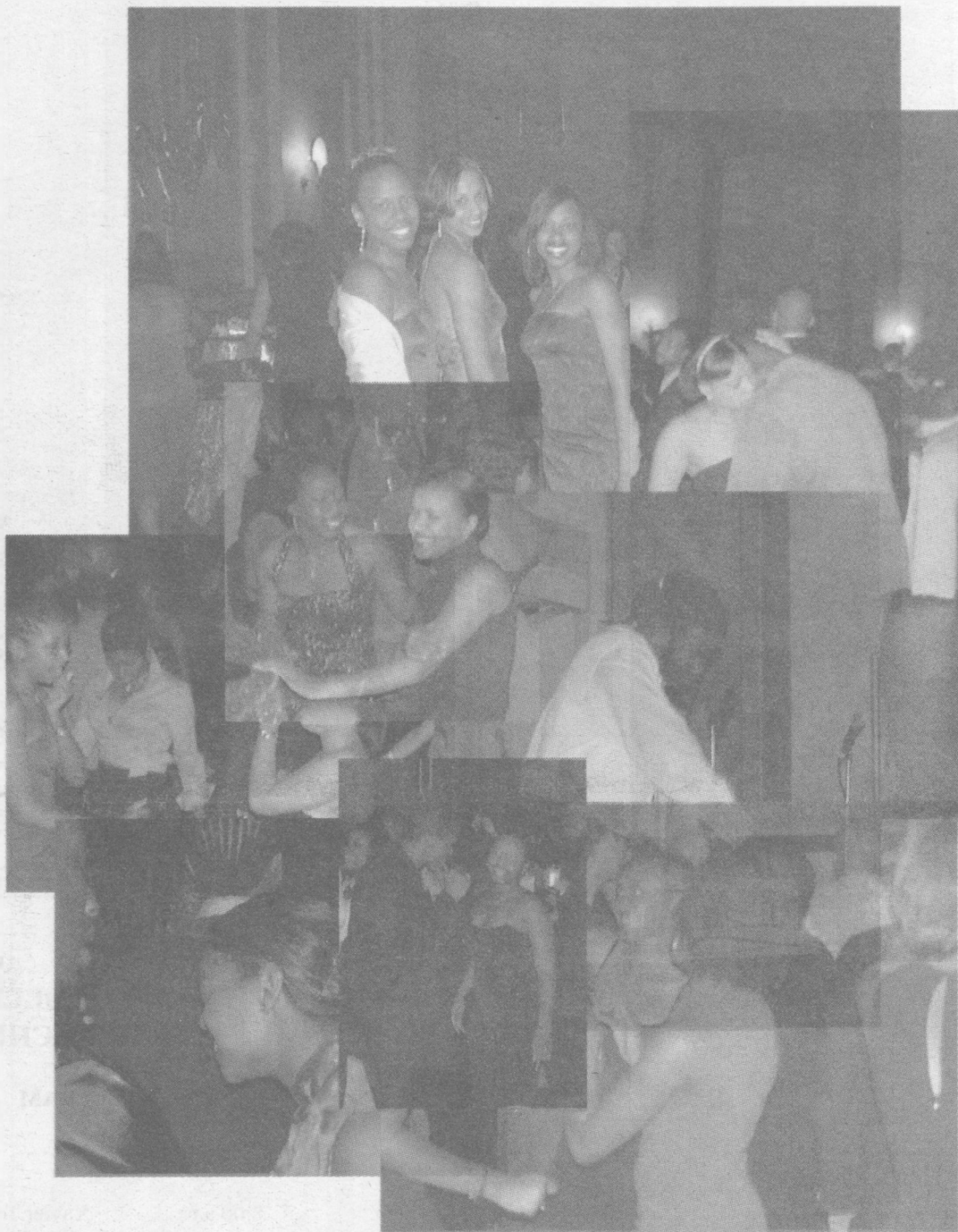
See Opinion & Editorial Section
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all this and more...

Inside

Romantic Interlude 2001 was an elegant event sponsored by Spelman's Student Government Association. As the photos show, this spectacular evening was full of sophistication, grace, and partying! If you missed out on this hot event don't worry—you only have to wait approximately 353 days until the next one!

Millenium Magic 2001



Spelman College and the National Black Student Leadership Conference

Jameta Barlow
Health Editor

Ten Spelmanites sacrificed the last few days of their Winter Break to attend the Carroll F.S. Hardy National Black Student Leadership Development Conference from January 4-7, 2001 in Richmond, V.A.

Campus organizations such as Bonner Scholars, PEPers, P.O.S.S.E. and SGA sent at least one representative to the conference, which taught the students how to be an effective leader on college campus. Entitled The Leadership Quilt: Confidence, Collaboration, Commitment, Communication, Compassion and Community, the conference featured speakers such as the first fe-

male Bishop in the African Methodist Episcopal Church, the Reverend Vashti Murphy McKenzie, Ph.D.; author and Howard University Assistant Professor, Rev. Debyii L. Sababu Thomas, Ph.D.; Washington Post writer and Black Entertainment Television commentator Courtland Milloy; president of the nationally recognized black think tank, The Harvest Institute, Claud Anderson, Ph.D.; former National Youth and College Director of the National Association for the Advancement of Colored People and graduate of Morehouse College, Rev. Jamal-Harrison Bryant, Ph.D.; and award-winning lecturer, stand-up comedian and host of USA Live Bertice Berry, Ph.D.

Students attended workshops such as "Bamboozled: By

Whom, For What?," "Black History 101: Things You Oughta Know," "Graduate School: If Not You, Who?," "Building Communities" and "Leadership FUBU (For Us, By US) & A Formula for Leadership." Junior Psychology major Candice Young said, "I was highly impressed with the speakers that were in attendance at the conference. Their motivational, yet realistic messages of leadership and success for our generation were thoroughly inspiring. It also showed me the importance of attending graduate school due to the depleting number of Blacks in grad school right now."

Spelman students have vowed to apply what was learned at the conference to their involvement with organizations on Spelman's campus. "To be a progressive leader is to be constantly

aware of the issues that move African Americans forward and then work to inspire others to act upon those issues, collectively," said freshman Political Science major Jessica Davenport. Sophomore April Broussard agrees and said that "by attending the conference [she] was encouraged to become active and shake things up by contesting the things that [she] knows are wrong and supporting those things which are right."

Perhaps what was gained the most from the conference, according to junior Economics major Alexandra Hadley, "...was something that did not involve the conference at all. It was the time I got to spend with my Spelman sisters who I had seen in passing on campus, but never took the initiative to talk to. With all the time we spent together, I obtained some

valuable friendships." All of the students had plenty of opportunities to relax with their Spelman sisters and to network with the other college students represented from Cornell University, Johnson C. Smith University, James Madison University, University of Maryland at College Park and Northwestern University.

Anthony said, "The National Black Student Leadership Conference is an excellent opportunity for student leaders and potential leaders. It provides a professional, yet collegiate atmosphere that not only offers quality sessions, but also encourages African American students to be proud of their heritage and continue to reach for their aspirations. It offers an environment that celebrates spirituality, leadership and quality of life as they relate to higher education."

Announcements

-The show "Trackers" from the Oxygen network will be taping four "Life In Progress" segments at TV 33 in Norcross March 18th. Some of the show topics are racial tension in our society, living as a teenage mother, eating disorders, and the controversy regarding the appropriate driving age. To get free tickets to join the studio audience call (800) 523-3323.

-Toni Morrison's "Sula" will be performed in the Fine Arts Building Feb. 22-24 at 8pm. Donations of \$5 general admission and \$3 for students with proper ID will be taken at the door.

- "Not Another Encore," written and directed by Spelman student Merrin Guice, will be performed Feb. 23-24 at 8pm in Sisters Chapel. Admission is free.

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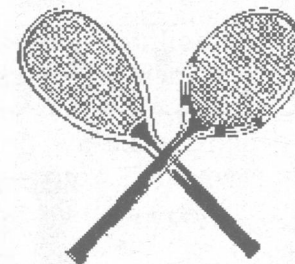
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SPELMAN COLLEGE WOMEN'S TENNIS SCHEDULE 2001



DATE	SITE	TIME	TEAM
FEBRUARY			
Fri. 23, Sat.24,	AWAY	8:00 a.m.	Xavier Tournament, New Orleans, LA
Sun. 25			
MARCH			
Thurs., 1	HOME	3:00 p.m.	Tuskegee University, Tuskegee, AL
Fri., 2	HOME	3:00 p.m.	Benedict College, Columbia, SC
Sun., 4	AWAY	2:00 p.m.	University of Alabama, Huntsville, AL
Mon., 5	HOME	2:00 p.m.	Clark Atlanta University, Atlanta, GA
Tues., 6	HOME	2:00 p.m.	Augusta State University, Augusta, GA
Thurs., 8	AWAY	1:00 p.m.	Ft. Valley State University, Ft. Valley, GA
Fri., 9	HOME	10:00 a.m.	King College, Bristol, TN
Fri. 23, Sat.24, Sun 25	HOME	8:00 a.m.	AUC Tennis Jamboree, Atlanta, GA
Tues., 27	AWAY	1:00 p.m.	Clark Atlanta University, Atlanta, GA
APRIL			
Sat., 7	AWAY	11:00 a.m.	Tuskegee University, Tuskegee, AL
Tues., 10	HOME	3:00 p.m.	Johnson C. Smith University, Charlotte, NC

Senior Class Spotlight on: Crystal Wood

Jessica McKinght
Campus & Local
Writer

Crystal Wood, a senior Studio Arts major from College Park, took time to tell us about herself, and how she feels as she prepares to leave Spelman.

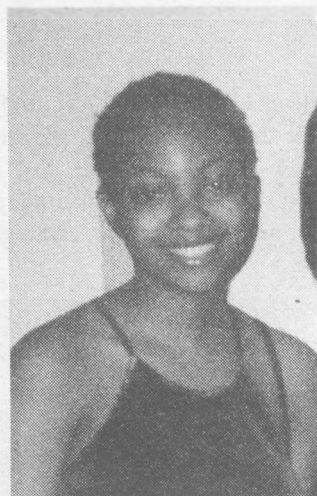
How do you feel about graduating? "I am very excited, very scared, and very nervous. But, I can't wait!"

How was it living on campus all four years? "It's good. I'm actually glad I stayed on campus. It allowed me to be closer to my friends."

What are your plans after graduation? "Hopefully, I will get into graduate school for communications design."

What is the main thing you will miss about Spelman? "Being around this many Black people all the time. And definitely, I will miss the friends I have made here."

If you could be a freshman again, what would you do differently? "Start my major earlier. I would have been able to experiment more freely with my art. I



Senior art major Crystal Wood.

would have had more time to figure out what interested me."

What was your favorite on-campus activity? "Wow, there have been so many. I don't know if I could narrow it down to one. I liked Black Fusion, working for the newspaper, and the whole freshman dorm thing."

What was your favorite thing to do in Atlanta? "Going to Café Internezzo to sit and sip cocoa."

What is one lesson you've learned from Spelman? "Never to doubt myself. I am very blessed to be who I am, and where I am."

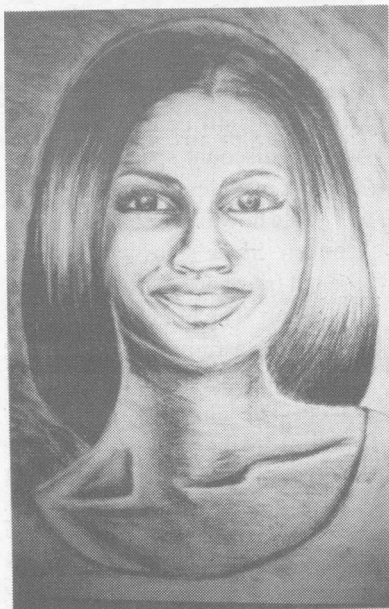
Beyond the Gates

Nzinga Terrell
Contributing Campus & Local
Writer

Beyond the gates presents a brief review of Cinderella at Georgia State University that took place last weekend.

The Georgia State University Black Student Theater Ensemble Thearadicals presents an original play, Cinderella. The play, directed by Sharrell Luckett, featured some AUC performers which included: Enisha J. Brewster, Clark Atlanta University as Katrina the step-daughter; Keith A. Hale, Clark Atlanta University as the Prince; and Kristen Herring, Spelman College as the Queen. The music was written by C. Ife Okwumabua, chief lyricist, Sharrell Luckett, Tia Shaffer, and Keith Hale.

The Thearadicals presentation of Cinderella added an African American perspective to this classic fairy tale. This version of the play can be classified as anything but boring. It was hilarious, suspenseful, and dramatic. The theme of the play was to believe in yourself, despite what others



A Spelmanite's portrait of Cinderella photo courtesy of Jamie Swift

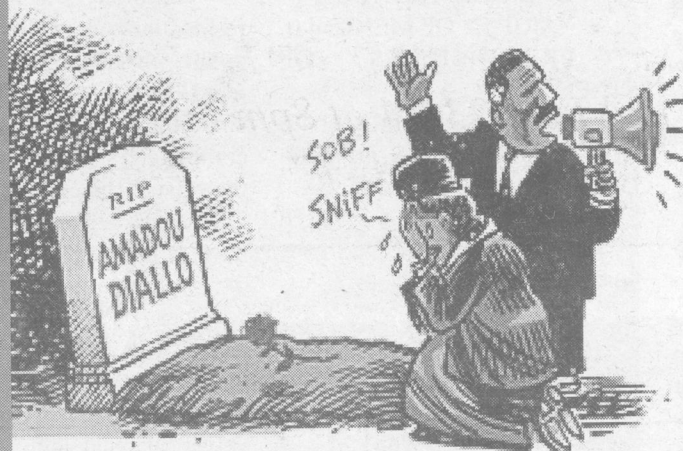
may say. Everyone is special, and no one has the right to oppress another. We all can overcome oppression of any kind, when we first realize that we are indeed someone special. As a result of Cinderella coming to terms with this valuable lesson, she was able to begin a new life that helped her become a stronger woman.

Tickle Your Funny Bone

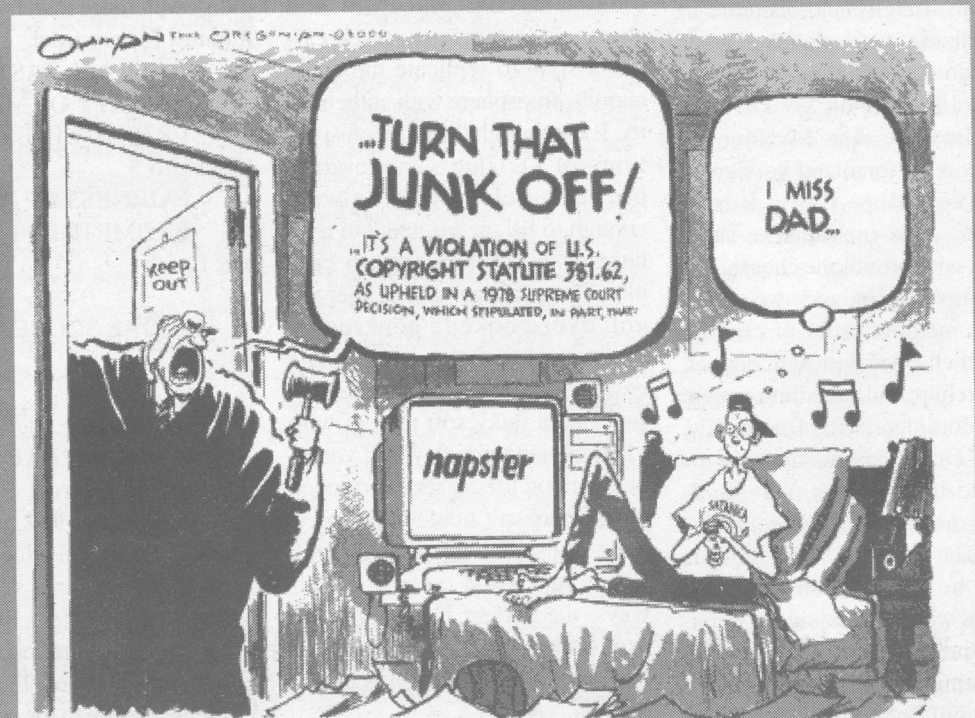
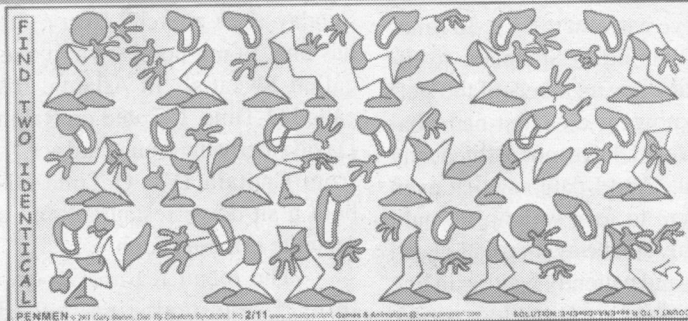
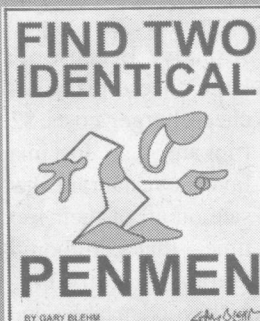


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ATTENTION, POLICE! I AM ABOUT TO REACH INTO MY POCKET FOR A KLEENEX! I WILL MAKE NO SUDDEN MOVES! MY HANDS WILL BE VISIBLE AT ALL TIMES! PLEASE DO NOT, REPEAT, NOT OPEN FIRE....



SDK
STAY FRODO



West End restaurants: Good food is right around the corner

Beth Perry
Arts & Entertainment
Editor

We all know that eating out is a must, but associated costs including gas prices, taxicab fares, and even MARTA tokens are a pretty penny nowadays. So, as an appendix to my first Atlanta restaurant discussion, I would like to offer this review of conveniently located West End area hot spots since they are within walking distance. After hours of careful contemplation and strategic mathematical calculations, I have devised a twenty-five point system of rating each restaurant from one to five in a series of five categories. The results were then calculated and compared. So without further ado, here are the results:

GUTBUSTER'S
401 LEE ST SW
Phone: (404) 756-9000

The frightening name coupled with the gluttonous Fat Albert character on the sign outside would make health-conscious college students worry that frequenting GutBuster's would make them gain the infamous "Freshman Fifteen." But I can honestly say that I've eaten here over 30 times since coming to Spelman, so often that a few members of the staff even know me on a first-name basis. Yet, I have not gained any weight. And I dare say that even if I were to gain weight, I would probably still be making call-ahead orders and patiently waiting in line on the white linoleum floor to pick them up.

The people at GutBuster's are both friendly and accurate in customizing every detail of your order, down to whether or not you would like salt on your french fries. Imagine that. My favorite meal is a personalized version of the five-dollar Baby Buster Combo: a six-inch cheese steak loaded with provolone cheese, onions, mayonnaise, and sweet peppers, a medium order of crinkle-cut French Fries with salt, pepper, and ketchup, and a medium orange drink complete with free refills. Mmm. Other featured menu items include hamburgers, sub sandwiches, and chicken cheese steaks.

The fact that everything is made hot and fresh to order coupled with the restaurant's popularity means that you'll probably be waiting at least 15 minutes for your food. But no matter; you can spend this time buying the new

Spelman hoodie at Collegiate Sportswear, getting a quick fade at Mass Appeal, or adding rollover minutes to your monthly plan at the Sprint PCS Store downstairs. Or you could just make a call-in order.

The one thing that GutBuster's could change would be to add a 10 percent student discount. GutBuster's is by no means overpriced. However, you must keep in mind that they are serving steak and chicken, which are expensive. Though the food here is delicious and probably worth every penny, if you came to GutBuster's on a daily basis, you would probably run out of money.

OVERALL TASTE: 5.0
VARIETY OF MENU: 4.0
FRIENDLINESS OF STAFF: 5.0
FAIRNESS OF PRICE: 4.5
PROMPTNESS OF ORDER: 4.0

TOTAL SCORE: 22.5/25 = 90%

Q-TIME
1120 Ralph David
Abernathy
Phone: (404) 758-2881

Remember the soul food restaurant where you and your entire congregation went to eat every Sunday after church? Every city has one. In my hometown, it was called Sweat's. In Atlanta, it's called Q-Time. Located on Ralph David Abernathy Boulevard across from Captain D's, Q-Time has both a sit-down restaurant and a separate drive-through.

The menu features everything from steak tips, baked chicken and barbeque ribs, to greens, cornbread muffins, candied yams and macaroni and cheese. All items are served cafeteria style to replicate the after-church atmosphere with authenticity. Even though the generous portions of Q-Time's moderately priced delicious cuisine were enough to fill me up, I had to try a taste of their famous peach cobbler. The peaches were tender yet not over-cooked, generously sweetened but not too syrupy. The crust, my favorite part of the dessert, had a flaky soft texture with a hint of cinnamon flavor. If you're in the mood for dessert, and peach cobbler doesn't tickle your fancy, there is also banana pudding with tempting vanilla wafers. As always, the perfect finishing touch to any hearty meal is a tall, refreshing glass of lemonade, sweet tea, or soda.

When you get to the cash

register, you'll be surprised that your tray, full of soul food, costs less than five dollars. Students even get a 10 percent discount with a valid college ID.

OVERALL TASTE: 4.5
VARIETY OF MENU: 4.5
FRIENDLINESS OF STAFF: 4.0
FAIRNESS OF PRICE: 4.5
PROMPTNESS OF SERVICE: 4.0

TOTAL SCORE: 21.5/25 = 86%

Anthony's
1000 White Street
(404) 755-0807

Anthony's is located in a residential part of the West End, an area that is normally un-chartered territory for AUC students since there are few surrounding commercial sites. Anthony's is not the type of place you'll just run into one day and decide to try. You have to purposely go and find it. The menu consists of pizza, calzones, Italian sub sandwiches, pasta, chicken wings, French fries, hamburgers, and a variety of desserts including cheesecake, red velvet cake and apple pie.

Though not as overwhelmingly delicious as GutBuster's or Q-Time, everything at Anthony's is pretty good. So why do I recommend this restaurant so strongly? Because it's cheap! A large cheese pizza costs \$3.95; a cheeseburger costs \$2.95; french fries are \$1.25. Just imagine if your favorite restaurants had a 50% off sale on all of their food all of the time—that's Anthony's. The restaurant is pretty big, decorated with wooden tables and chairs, and several video games. The couple of times that I've been there, I didn't wait more than five to seven minutes for my food.

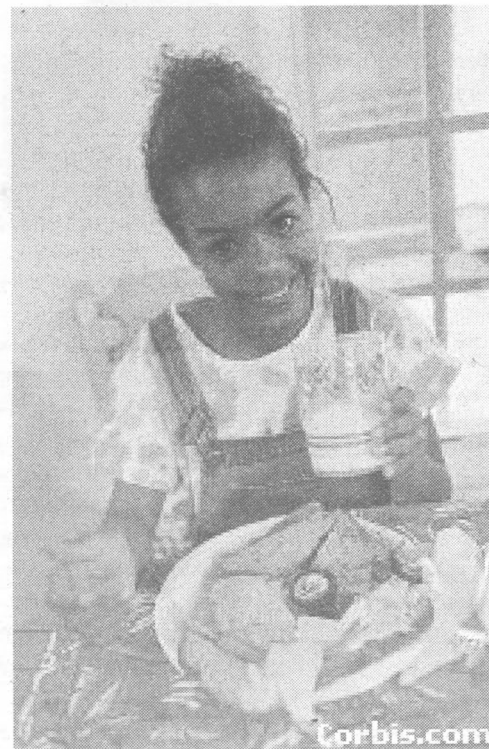
OVERALL TASTE: 3.5
VARIETY OF MENU: 4.0
FRIENDLINESS OF STAFF: 3.5
FAIRNESS OF PRICE: 5.0
PROMPTNESS OF SERVICE: 5.0

TOTAL SCORE: 21.0/25 = 84%

SUGIE'S PLACE
391 Lee Street
(404) 738-1992

Conveniently located near Mass Appeal and Collegiate Sportswear, Sugie's Place, also known as "the restaurant formerly known as Wings N' Things," has brought new life to the restaurant's old interior. The current inside area

is cleaner, whiter, and seemingly larger than its crowded, slightly yellow-tinged ancestor. So, it would seem that the restaurant is under new management, and con-



rants were in Atlanta, we were referred to Chanterelle's by a kind public safety officer who feared that we would get lost if we tried to leave the West End area. Located next to the old Bank of America off of Abernathy, Chanterelle's looks like a hole in the wall, one of those restaurants that is at best a secret unknown treasure, and at worst a health inspection violator with an unappealing atmosphere. Sadly enough for my tired, starving family, Chanterelle's turned out to be the latter.

Like Q-Time, Chanterelle's advertises cafeteria-style soul food,

except the menu had a lot less on it. The length of the buffet from which we were served was about three feet. The same lady serves you all of your food because the selection is so limited. The ribs had been seasoned with pork fat instead of barbeque sauce. The greens were saltier than the stereotypical Spelman attitude, and the cornbread was hard, dry and bland. However, there was deliciously refreshing lemonade and delectably decadent red velvet cake on hand, so it wasn't all bad.

Chanterelle's is expensive, averaging about eight dollars a person for some meat with two sides and a drink. The people working there seemed nice enough, but I had to deduct points from their score when a cook who had just finished his shift exited the kitchen on a bicycle, rode quietly through the restaurant and out onto the sidewalk, still dressed in his greasy white uniform. I left the restaurant dazed and confused. I hate to give such a low score, but I must keep it real.

OVERALL TASTE: 1.5
VARIETY OF MENU: 3.0
FRIENDLINESS OF STAFF: 3.0
FAIRNESS OF PRICE: 1.0
PROMPTNESS OF SERVICE: 3.5

TOTAL SCORE: 12.0/25 = 48%

CHANTERELLE'S

By the end of my first day at Spelman freshman year, my family and I were famished after waiting what seemed like over 200 registration and housing lines. Not having a clue of where any restau-

Jaela Neal reflects on her study abroad experience

Jaela Neal
Contributing Writer

So I'm back. Many of you are now wondering, who is this girl and where is she back from? Well, my name is Jaela Neal and I am a junior just returning from a semester studying abroad in Canterbury, England. I wrote a previous article about my experiences leading up to arrival on the campus of UKC or the University of Kent at Canterbury and so now I guess I should tell you all about the rest of my experience. I left off at the start of my actual adventure on campus, so that is where I will continue.

I disembarked at my particular college, which was named Keynes, only to find out that it was a typical dorm, freshman year style, which meant communal bathrooms, a hotplate and no refrigeration. I shared 2 bathrooms, a kitchenette and dining area with 10 other girls and the best thing about that situation was my single room. All of the girls on my hall turned out to be first years as the British call them or freshmen as we Americans say. They were from all over England and other places around the world such as Kenya, India and even Cyprus. These initial meetings turned out to be some of my most significant experiences and impressions that I received from my trip.

First of all, I learned very quickly that I could not judge people about their ancestry and ethnicity based solely upon appearances. Now I know that we all would like to believe that we don't do this, but I think that as human beings, we try to place people into categories in order to make ourselves more comfortable in new situations. I know that I am sometimes guilty of doing just this but I had stop that very quickly. There was a girl on my hall that I just assumed was from India, but her and the majority of her friends were actually from Kenya. One of my guy friends was this Asian guy who spoke with a thick French accent as he was born and reared in Paris. I'm saying all of this to illustrate the point that my stereotypical illusions and ideas about people and places were challenged every day in many subtle ways.

The second thing that I learned relatively quickly was that the average lifestyle in America is much more comfortable and privileged than that of the average non-American. I assumed that Great Britain would be relatively similar to the U.S. in terms of technology and the level of the quality of life but I was mistaken. Don't get me wrong, I was definitely con-

tented with my life there, but it was slightly different from what we are used to here. There were always certain minor inconveniences that plagued my day-to-day life. For one, there were no pay phones or phones within the dorm rooms. You had to buy a cell phone, which they call a mobile, in order to be able to have any type of reliable and satisfying service. There was only one phone on the entire campus that you could use actual money on. Another instance of major inconvenience was the fact that there was no such thing as a meal plan in the cafeteria. I selected my housing based upon the assumption that it was catered only to discover that this meant continental breakfast only until 9 a.m. every morning. This did me no good seeing as my classes weren't until the afternoon every day. So that basically meant that I had to eat out and pay out of pocket for almost every single meal. The bottom line is that no process was ever simple. I was used to the American way where everything is fast and easy but in England, things do not work that way at all.

So after I settled in and grew accustomed to my surroundings with the rainy and fairly cool weather and the girls on my hall, I had to start actual classes. I was very wary to say the least because the British educational system is very different. All of my classes were broken up into a seminar and a lecture. The lecture topic and lecturer differed from week to week and the topic of the lecture was not always the topic of your personal seminar. The two were only vaguely connected to one another. There were also no written tests within the English department at my school. Your grade was based solely on the 2-3 10 page papers that were due at specific points throughout the semester and a grade for your seminar work. These papers were absolutely no joke! I don't think that I have ever researched and wrote and re-wrote so much in my entire academic career. The department required all essays to be based upon at least 10 books, which basically meant that you had to get through at least 20 to get a decent amount of material that was actually relevant to your topic. Then, they graded the papers on a scale from 0-70 I tripped when I got back my first essay with the number 66 on it, until I remembered their strange grading system.

Some of the really good and positive things about my university's system were the professors, the computer, and e-mailing systems. The professors who taught my classes were without a

doubt some of the most intelligent and well-versed people in their fields. They held classes, which went beyond the normal scope that I myself was used to. For instance, my Medieval and Tudor Literature class dealt specifically with texts that were written in the 13th and 14th century within England and for one of the seminars within this class, we went to the library of the Canterbury Cathedral where we

the Venue with another pub attached to it. So there were basically about 7 places on campus in which to meet your friends and drink. Every pub had a distinct atmosphere and feel and most people and their respective group of friends had their own favorite pub. My friends and I always went to the pub called Woody's because it was where all of the final year and graduate students were. It became kind of like

men came on to me very strongly because I was an American and the majority of foreigners that I met loved and were fascinated with America and anything American. Then, once they started talking to me I was told that I was very rude and aggressive and basically "too American". These men were not accustomed to women having such a myriad of strong opinions and no problems stating these opinions bluntly and honestly. I'm not speaking about every single African man but the ones that I became friends with relayed these ideas to me.

One of the other most interesting responses that I got about my African-American heritage was from my Nigerian woman friend who asked me one day if I knew where my ancestors came from. I stupidly replied 'From somewhere in Africa of course, my mother thinks Ethiopia'. She looked at me with a mixture of incredulosity and pity and said 'But you don't know from where exactly?' I told her no again and she just shook her head. I had seen and understood because of this trip first hand how much pride Africans take in their respective country and family, and so my friend thought that I should be pitied because, in her opinion, I have no history. I explained to her that I have a history, that of an African-American and that we as a people have created our own distinct culture and History. It took a while but she eventually understood where I was coming from.

So my days took on a very chill type of regularity of studying, partying and traveling and before I knew it, my time in England was up. I had done all that I had set out to accomplish with the experience. I went to an entirely different country and culture and made a new life for myself. When my plane first set down in London, I didn't know a soul, but by the time I left, I had made some really good friends and plans to see them all again. One of my good friends I met in England and I are planning a tour of Italy and France this coming June. I also have a wedding to go to this summer. So I achieved my social goals of making lasting friendships with new people and I also achieved my educational goals. I succeeded in an entirely new and different educational system where I held my own against some very first-rate minds. I am glad that I made the decision to reach outside of my personal comfort level, to and try something new, and unique and I believe, no, I know, that I am a much more accomplished and confident woman for it.



Life in England: Jaela snaps a picture of this beautiful cathedral in London.

got to study the actual manuscripts of the time period. It was experiences like this that really added to my overall educational development. Then the university had a very good computer network set up. The entire student body, which was made up of at least 15,000 undergraduate and graduate students, used the same e-mailing system. So if you wanted to contact anyone on campus from a professor, to a student or even some random administrator, it was simple. Plus it became very useful for screening people socially so that you would only have to deal with a limited number of bugaboos on your actual phone!

Speaking of the social scene, I guess that I should elaborate a bit about what there was to do over in jolly old England. Well, the main social outlet can be summed up into one word and that word is pubbing. The country is filled with bars called pubs where everyone goes to meet their friends and drink pints of beer or lager and just talk to one another. Every college at my University, which are basically like Spelman's own named dorms but much larger, had their own pub. There were 5 different colleges, so that meant there were 5 different pubs plus a large nightclub called

Cheers where everybody knew your name and you knew most folks either by name, face or even reputation. If you got tired of the one bar, there was this tradition called a pub-crawl, which basically meant that you would agree to go and drink at every single pub on campus on the specified night. Believe me, with 7 pubs on campus, this was not any easy feat by any means!

There was also the club on campus, which was huge and kind of reminded me of Vegas Nights because of the set-up. Every night there was a different theme of music like 80's or hip-hop and R&B. The only time that I was guaranteed to be there was during those hip-hop nights because the Afro-Caribbean club on campus sponsored them and all the African peoples on campus went. There were a large number of Africans on campus, mostly from Nigeria, Ghana and Kenya. There were also a lot of Caribbean people there in law school studying to be barristers because the laws governing their islands were British laws due to colonization. The Africans and not so much the Caribbean's had some very strange and mixed reactions about me because I was an African-American woman. The

Religion...What you didn't know

Jameta Barlow
Health Editor

Spelman College's motto might be "Our whole school for Christ," but many Spelmanites do not follow Christianity. Part of being healthy is taking care of one's body physically, mentally, emotionally and spiritually. Taking care of oneself spiritually requires reflection, meditation and for some people, participating in an organized religion.

Whether or not you are a Christian, here are a few core sets of beliefs for some of the most established religious groups:

ISLAM

Number of U.S. Adherents: Estimates run as high as six million.
Teacher-Prophet: Muhammad
Date Founded: Seventh century C.E. (Christian Era)
Holy Place: Mecca, Medina
Text: Qur'an (Koran); Hadiths, teachings of Muhammad and his companions
Core Beliefs: One God, Allah; complete submission to him and obedience to his laws. Muslims descend from Abraham. Jesus, Moses, Isaiah, Abraham and other Jews were prophets. Muhammad was the final prophet.
Practices, Rituals: Recital of

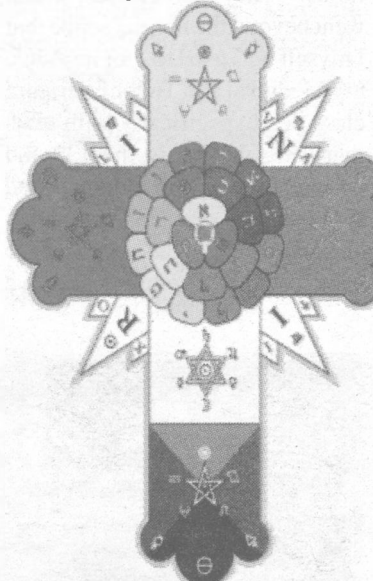
creed; five daily prayers; giving tithes to poor; a month of fasting; taking the hajj (pilgrimage to Mecca); polygamy allowed; marriages arranged; women cover their heads and often their faces.
Of Interest: Islamic-based Moorish Science Temple founded in early 1900's in Newark, New Jersey, by Noble Drew Ali. Wallace Ford Muhammad and his successor Elijah (Poole) Muhammad preached Black supremacy in the Nation of Islam.
Branches: Sunni (ninety percent of all Muslims), Shi'i/Shiite, Sufi, Nation of Islam

JUDAISM

Number of U.S. Adherents: 3, 137, 000
Teacher-Prophet: Abraham, the first Hebrew; Abraham's grandson, Jacob (also named Israel) and his 12 sons (The 12 Tribes of Israel); Moses, the prophet who led the Israelites out of Egypt.
Date Founded: Around 1800 B.C. (Before Christ)
Holy Place: Ancient Canaan, Jerusalem
Text: The Hebrew Bible, especially the first five books; the Torah; the Talmud, a scholarly commentary on the Bible.
Core Beliefs: One God; humans are made in God's image, have direct contact with God and are inherently able to choose between good and evil. The Ten Command-

ments are their ancestors' covenant with God. Believe God will send a Messiah.

Practices, Rituals: Prayer three times daily; worship in a syna-



gogue. Male infants are circumcised. Adherents eat kosher (no meat and milk taken together; no shellfish). Shabbat, the weekly day of rest; Passover, memorial of the Jews' exodus from Egypt; Hanukkah, eight-day celebration of the rededication of the temple in Jerusalem; Rosh Hashanah, New Year's Day; Yom Kippur, the day of atonement.

Of Interest: Sammy Davis, Jr. was one of the most famous Black Jews. Hebrew Israelites are Black Jews with communities in the United States and Israel.

Branches: Orthodox Reform,

Conservative, Reconstructionist; also Ashkenazim, Sephardim, Hasidim.

BUDDHISM

Number of U.S. Adherents: 401, 000
Teacher-Prophet: Siddhartha Gautama, the Buddha (The Enlightened One)
Date Founded: Sixth Century B.C. (First U.S. Buddhist Temple, 1898)
Holy Place:
Text: Tipitaka (Pali Canon), scriptures that outline Buddhist teachings and disciplines.

Core Beliefs: Buddha is not a god. People are reincarnated until their karma (cause-and-effect behavior) is pure. Samsara is the constant death and rebirth cycle; karma determines the level of reincarnation; nirvana occurs when one breaks the samsara cycle and achieves inner purity and freedom.

Practices, Rituals: Silent meditation; chanting; prayer; making offerings at home altars and public shrines.

Of Interest: Writers bell hooks and Alice Walker and singer Tina Turner are Buddhists.

Branches: Theravada and Mahayana—within those: Zen (Soto and Rinza), Jodo Shinsu, Nichiren Shoshu (subset of Nichiren Buddhism), Vajradhatu, Chen-yen, Tendai, Amida.

HINDUISM

Number of U.S. Adherents: 227, 000

Teacher-Prophet: Philosopher Shankara

Date Founded: 2000 B.C.

Text: The Upanishads, the Vedas, the Puranas, and the Laws of Manu
Core Beliefs: Brahma, Vishnu and Shiva, and multiple other gods. Continual death and reincarnation (samsara) are based on karma, ahimsa (nonviolence) and moksha (final death and union with Brahman, the creation force).

Practices, Rituals: Making pilgrimages, practicing yoga, burning candles and incense, making offerings and praying in home shrines.

Of Interest: Actor Phylicia Rashad practices Siddha Yoga meditation, a Hindu ritual.

Branches: Hindu-based Siddha Yoga and Krishna Consciousness.

Now you have the background on some of the established religions. Use this information, if you choose to, to develop yourself spiritually. Ladies stay innately beautiful, centered and healthy.

Information provided by Essence magazine, December 2000

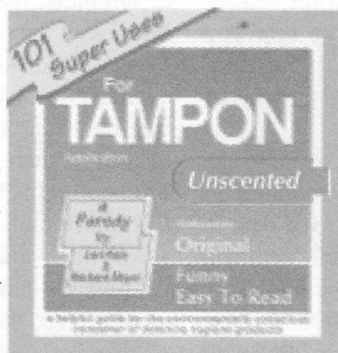
Handling your business the safe way !

Karen Fields
Health

Do you ever question the benefits of crossing the fence from that sometimes-bulky sanitary napkin to a tampon? You are not alone. The choice between sanitary napkin or tampon is a concern to many women interested in their total well-being. Recently, scientists have found that tampons may be dangerous for other reasons besides Toxic Shock Syndrome (TSS).

Tampons contain two substances that can be potentially harmful. These substances are dioxin and Rayon. Dioxin, the more potent of the two, can lead to damaging problems in women. As an extremely carcinogenic (cancer-associated) toxin, dioxin breaks down the immune system, harm-

ing the reproductive and immune systems. Rayon is also harmful because it leaves its fibers within the vagina and is detrimental when in continuous contact with the vagina. This poses a problem because most women use tampons on average of about four to five times a day, once every month, over their adult reproductive lifespan of 25 to 30 years. Although manu-



facturers know that repeated contact is dangerous, they still depend on these chemicals, believing that they are the only components that can induce maximum absorbency and create pure tampons. Industries are convincing women that

these components are necessary to make a tampon effective and even useful. However, one-hundred-percent cotton, unbleached tampons are highly effective and safe. Even though you can not easily find a tampon absent of those dangerous chemicals at Kroger's or CVS, they can be found at health food stores.

The next time you decide to pick up that box of yampons, make sure you read the label to know chemicals within them. Most importantly, make sure you read directions carefully and do not over-use, misuse, or abuse the product.

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Hannibal is not what the doctor ordered

Beth Perry
A & E Editor

It is safe to say that "My Girl 2," "Home Alone 2," "Look Who's Talking Too," "Batman Forever," "I Still Know What You Did Last Summer," and "Scream 2" did little more than barely make a profit and bring shame upon the classic films that they sought to emulate. As much as I hate to say it, "Hannibal," the follow up to the 1991 film "Silence of the Lambs," proves once again that it's usually best not to make a sequel.

Anthony Hopkins returns to portray Dr. Hannibal Lecter, the brilliant yet psychologically disturbed psychiatrist who has an affinity for the taste of human flesh. As always, Anthony is hauntingly good at playing this character, whose arrogance and short temper keep the audience afraid whenever he is in the camera.

Julianne Moore replaces Jodie Foster as FBI agent Clarice Starling. Foster wasn't sorely missed like I thought she would be; I actually think Moore did a better job of negotiating her way around the tricky Southern accent and tough girl persona than did Foster.

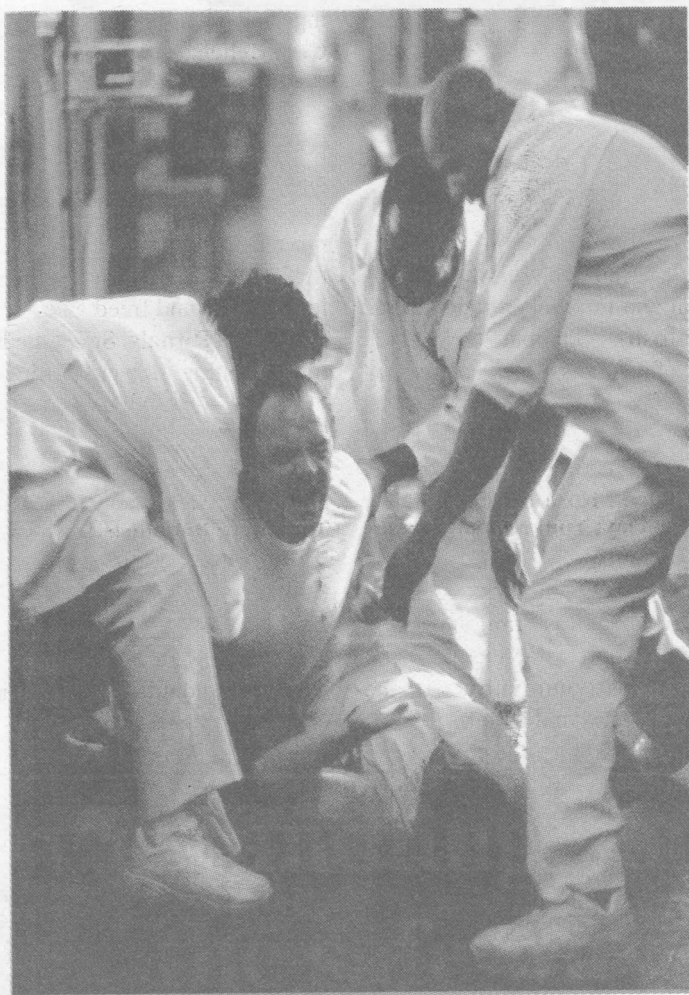
Here comes the bad part: the plot. I won't go into detail except to say that Hannibal escapes from his asylum, leaves the United States, enters the FBI's Ten Most Wanted List, and Clarice ends up re-assigned to his case. What a surprise! The twist is Mason Verger, a young, rich vigilante whose face has become a collage of scar tissue and skin grafts as a result of Hannibal's doing. Verger sets up a 3 million dollar reward for anyone who brings in Hannibal alive, since he has his own torturous plans in mind for Hannibal's death.

The movie tries to make up for its simplistic plot by adding several disgusting scenes. I think by adding weird and gross imagery, writers hoped to capture the freaky-scary-weird-mystical-yet-realistic level of horror perfected in "The Silence of the Lambs." It didn't work, but I wish it had. I wish I could have been tricked into liking this movie. It would have been much easier on the soul.

Note to uncreative screenwriters: just let the classics stay classics. Leave them be. Don't create sequels, trequels, and

quad repels in blatant attempts to milk the poor originals for all they're worth and make up for your own cases of writer's block. Okay?

Maybe it's because I was only twelve, but to this day, I swear that "Silence" was the scariest movie I have ever seen. It wasn't scary in the typical sense.



Hannibal Gets a taste of his own medicine

Jennifer Love-Hewitt wasn't being locked in a self-tanning bed, and some guy with a voice scrambler and a butcher knife wasn't chasing Courtney Cox through the night.

"Silence" went much deeper than that. It elicited screams not because of blatant physical violence, but because of an intricate, detailed plot filled with several ridiculously insane characters and the sheer terror caused by the way all the scary complications intersected.

It was the kind of movie that got under your skin and made you think. You left the theater still hearing Buffalo Bill's deep, evil laughter as he sat at his sewing machine creating his skin suit and still seeing Hannibal bite the nose off the unsuspecting police officer. I had nightmares about a moth being shoved down my throat for nearly a week.

So maybe I was expecting too much when I nestled

into my comfortable Magic Johnson seat and quickly stole both armrests on the opening night of "Hannibal." Maybe if I had gone into the theater unaware of the prequel, I would have actually enjoyed the movie. Maybe if I weren't comparing the superb writing of "Silence" to the simplistic script of "Hannibal," I would

have zero complaints. And maybe if Regis Philbin's new co-host dyed her hair jet black, people would stop comparing her to KathyLee.Yeah,right.

The fact is I can't separate the old from the new any better than the rest of the American public, and I shouldn't have to. It's a natural cognitive process to associate what you already know with what you learn anew. Everybody who went to see "Hannibal" this weekend did so because they were expecting it to be "Silence of the Lambs 2001."

I left the theater disappointed, as did anyone else who wasn't tricked into liking the movie by the plethora of blood, intestines, and brains.

Ironically, Hannibal's decade-old question is somehow extremely appropriate at the moment: "Are the lambs still screaming, Clarice?" No, dear, they're not. And sadly enough neither are the fans.

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Rock proves to be Down To Earth

Beth Perry
A&E Editor

Angelina Jolie has her lips. Cindy Crawford has her mole. Jennifer Lopez has her body. And Chris Rock has his sense of humor.

Even after several hours of interviews and television appearances on his 35th birthday, an energetic yet poised Rock still had jokes. Good ones, too. He made it a point to keep his company entertained. However, what stood out most was his unassuming way of carrying himself and his simple yet articulate conversation. Do people really know how *smart* this guy is?

He transformed a 90-minute film from a sentimental love story into a hilarious blockbuster in one week. He's in negotiations that will probably lead to producing and directing several potential projects in the near future. He views his fame as a medium through which he can perform his work, instead of an excuse to act like an ass. He knows that he has to be twice as funny as David Spade in order to pay his bills. And he listens to Outkast. What more could you ask for?

Chris Rock's intelligence is a collaboration of business savvy, a detailed understanding of the dynamics within today's society, and an innate charm that keeps the public wanting more. In his recently released movie, "Down to Earth," Rock showcases another one of his talents: the ability to make people laugh.

Spelman Spotlight (SS): What made you want to write this film and how long did it take you?

...I saw the original, "Heaven Can Wait," and when I looked at it, it was weird because I immediately saw all this room for comedy that they didn't jump on. They had made a fable, like a nice Romeo and Juliet thing. It was great. But in my head, I saw a big comedy. It was like a woman walking into an empty house: I saw where all the furniture went...

It didn't take that long to write to tell you the truth, because I was just so passionate about it. It took a week...I was writing another movie, and when I saw that, I just jumped on it...This whole process took about a year and a half, from writing it, to taking it to the studio, to making it, to now.

SS: When watching the movie, one of the things I realized is that the comedy performed by the character is much like your own kind of comedy. I was wondering, when you came up with the concept, was that the goal, to kind of infuse your own brand of comedy with the stand

up, or was it more along the lines of the character?

It was more along the lines of the character. We wanted stuff that would work for the character, stuff that would work for the movie as well, nothing out of context of the movie. Every joke works for the movie.

Juice." I was wondering if I were to look at your car's compact disc magazine right now, what would I find?

You'd find a little Outkast, a little Jay-Z; you'd find the U2 album, the Radiohead album...the Erykah Badu album, and probably a Led Zeppelin album... I'm all over the place.

when you see yourself on television or in the movies, is there still an "I can't believe that's me" type of feeling, or is it more, "That's my job. That's what I do"?

I mean it's a little of both. Normally, I'm with a friend and I'll say, "Can you believe this? It's ridiculous. It's stupid. Do these

I want to. We'll see what happens. I'm going to produce this Marion Barry Bio Pic for HBO...So that's something. And hopefully, we're trying to do a show with...the guy on Hits from the Street...So I'm going to produce that in the spot where my show was.

SS: Do you miss doing your show?

Yea, a little bit. But you know, on the other hand, it's good to get out of something at the right time and not be pushed off. Like "Def Comedy Jam": didn't they hang out a year or two too long? I pulled out at the peak, like Michael Jordan. I hit the shot, and then, "See ya."

SS: I want to know about the people who didn't help you, turned their backs on you or whatever, on your way to where you are now.

...I want to be successful just so I can do my art and maybe help a few people. And then there are some people who want to be successful just so they can treat other people like s**t. So I mean, I'm not tripping on any of that.

SS: It's obvious from comedic material that you're very well versed in politics, race relations, and things of that nature. Do you have any advice for young African Americans as far as what we need to do to be successful in today's society?

What's happening in art now is that you see everybody mad at UPN and the WB, asking "How come all the black shows are so bad?" They're no worse than the white shows... "Just Shoot Me" is not better than "The Steve Harvey Show." "Felicity" is not better than "Moesha."

In the old days, in order to be successful and black, you had to be twice as good as white people. So when "The Jeffersons" was on, that s**t was better than every white show. "Sanford and Son" was better than every white show. "Goodtimes," everything we did during the 60's, 70's, until the mid-80's...had to be better in order to achieve our goals.

Now what's happening in art is that black people are actually succeeding with mediocrity. And it's going to work in art, but it's not going to work in business. It's just not going to happen. And black kids have to realize that *you still have to be twice as good*. You really do. I love David Spade, but if I were as funny as David Spade, I would be broke. I have to function at this level to work. It's a higher, Eddie Murphy, Bill Cosby level of comedians.



Chris Rock and Regina King in "Down to Earth".

SS: In your opinion, do you think a strong black woman could fall in love with an old white man in the real world [the way Regina King did in "Down to Earth"]?

Ya know, people always ask me that, and I say, "Well, you had no problem with me coming back from the dead." (Laughter.)

SS: [In your movie, you portray Heaven as a nightclub.] What do you say to the critics who think that your movie deals with death too lightly?

Do critics say that? I don't know. I think it's cool...what is death? Are harps and clouds any different? It's what you make it... You don't have to sin in the club. You just dance.

SS: And kick it with Tupac?

Yea, hopefully. Although I think Tupac is just performing. He doesn't get to just hang out. It'll be a few more years before he's allowed in to just chill.

SS: One of the funniest scenes in the movie is when Wellington is driving in the Rolls Royce listening to "Gin and

SS: Are you going to do anything else outside of comedy and movies?

Nope. (Laughter.) That's it. Jokes. That's it...I'm not a person that becomes other people. I just want to do as little acting as possible. Ya know what I mean? So I'm a comedian in this movie. The next one I'll probably be a preacher. Ya know, just jobs where I get to talk. Or I'll be a politician. I'll try to work to my strength.

SS: Would you do another drama if you were offered the role?

Yea, as long as it was a supporting role. I don't want to be the lead in a drama. I don't want to put people through that. What I mean by that is that I think the best experience you can have in a movie theater is to laugh a lot. Why put people through not laughing? It's like if you used to date a guy and have sex with him, and then the next day you say, "Well let's just be friends." He would say, "Hell no. I just had the best there could be. Why would I wanna just hang out now?" (Laughter.)

people know?" But at the same time, this is what I do. It's like, you do comedy, you get jobs, you get on Saturday Night Live, hopefully you get off. It is a natural progression.

SS: Are you comfortable with where you are now or are there other goals and larger aspirations?

I don't want to say that I'm overly comfortable. I'm probably going to direct a movie, probably the next one I'm involved in writing, I'll direct, and act in it. I want to write a movie for Regina [King.] Something funny, because as far as black women are concerned, there hasn't been a "Pretty Woman," "Erin Brokovich," "While You Were Sleeping" type movie written more from the woman's point of view. "Down to Earth" handles a lot of that, but I'm still the driving thing. So I wouldn't mind directing something for her. I think she's the best actress out there. I really like her look. It's normal, like the girl I grew up with. She's a good person too.

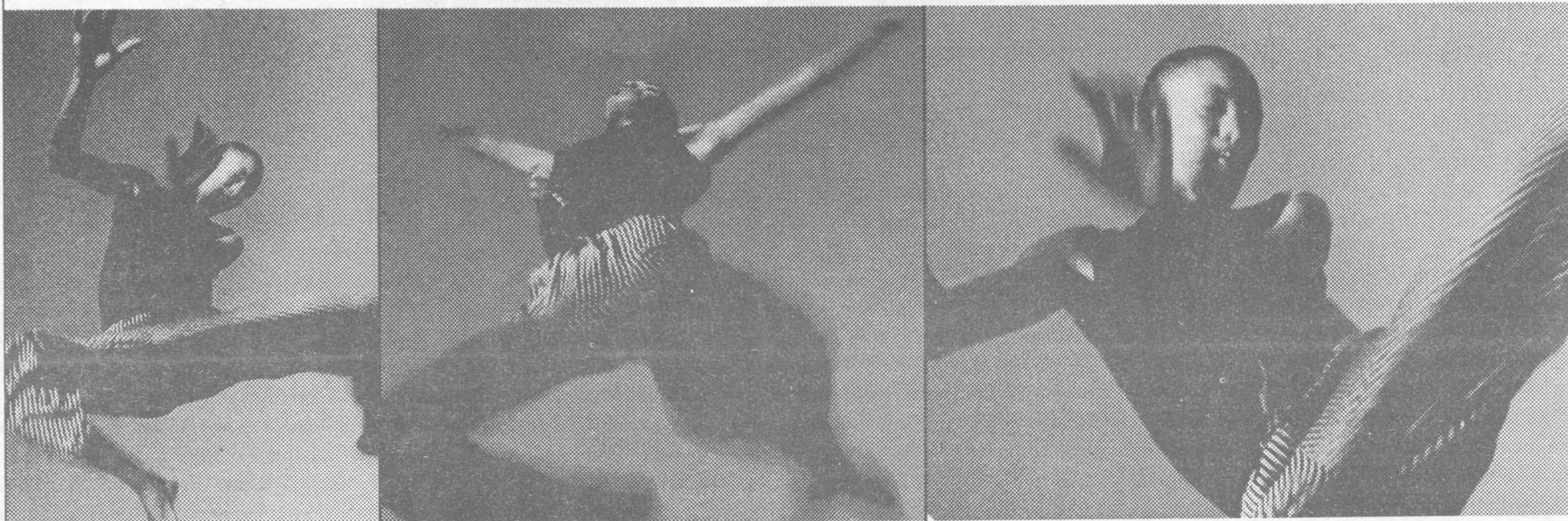
SS: Would you do any more projects with HBO?

SS: I was wondering if

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Should Spelman stay out the Bush's?

By now, the entire Spelman community knows about the installation ceremony of Dr. Peter MacLeish as the first George H.W. and Barbara P. Bush Endowed Chair in Neuroscience at Morehouse School of Medicine (MSM) in Sisters Chapel on February 5, 2001. We also know that this is the first endowed chair in neuroscience at a historically Black institution. The problem is, we know AFTER the fact. It's over and neither Dr. Manley nor anyone in administration made students and faculty aware of this event until after a public safety message was sent out via email, a few days before the visit. Prior to that, since no one official had explained the actual happenings, I sent out an email based on word-of-mouth that a building was being named after Bush at the to sing for him in Sisters Chapel. These alums con-approval of Bush on campus. As I got more re-be best if I verified the information with MSM. They at MSM. I sent the correct information to everyone at that point, over 300 eventually) and that informa-tion from Dr. Manley's office, which finally explained

My question, which was also asked by a mem-event, then why wasn't anyone informed? I was told the fact of Bush's appearance a secret, which is their Bush's visit to be a secret in the first place? Was it Maybe there was a possibility of someone or a group campus. I wonder... But this is a liberal arts college,

"By definition, a liberal arts college is one and discussion of all points of view in a non-threat-that students can make up their own minds based cated person" (email from Audrey Manley received

So, WHERE was the open dialogue in this held from the student body and faculty until three Dr. Manley, this right is the hallmark of my educa-more, Dr. Manley states that "it is the responsibility tisan and even handed in these matters" (email). That ministration lie in these types of matters? Does the

any means necessary? Does it lie in muting the voice of students who hold beliefs that are not politically correct according to the Spelman tradition? Speaking of that tradition, Dr. Manley states that "Spelman has a history of tolerance," and that "it is [her] prayer that Spelman College will continue to live up to its history, tradition and legacy which are ones of tolerance and inclusion for all peoples, be they of different ethnicity, race, culture, religious faith, sexual orientation, origin of birth, abilities, or political views" (email).

So, what exactly does that mean in reference to George Bush coming to Spelman College? Does that mean that students and faculty should be tolerant of his presence on our campus? Or does that mean that Dr. Manley is being tolerant of the views of those who chose to speak out against his presence despite the non-partisan stance of the school? I honestly do not believe that the denial of his arrival on campus had anything to do with "tolerance" of any kind. I believe that the administration of Spelman College seized an opportunity to rub elbows with the Bush family in hope of remaining in good relations with them as their son, George W. Bush, Jr., enters the office of President of the United States. Is that right or wrong? Well that's for you to decide as students of Spelman, a "liberal arts college." But to you, Dr. Audrey Forbes Manley, I believe that if you wish to be further tolerated at Spelman College, you must realize that the students no longer wear white dresses, flesh tone stockings, black shoes and gloves on campus. In fact, some of us actually wear afros, dreadlocks and some have no hair at all. So, please allow us the right to "make up [our] own minds" and provide "all of the evidence" if you have it in your possession. Only then can we truly say that we've received "the hallmark[s]" of our Spelman education. Can you?

-Rachel Fortune Hawkins

Spelman c'01



Former President Bush, a younger George W., and former first lady Barbara Bush.

Morehouse School of Medicine and the Glee Club had tacted Dr. Manley in large numbers voicing their dis-sponses to my email, I figured that it would probably THEN told me of the installation of the endowed chair that had responded to my first email (over 100 people tion reached inboxes HOURS before the official word the visit from Bush.

ber of the faculty, is IF Dr. Manley was proud of this that the Secret Service pressured administration to keep job I suppose. But why would they want the news of for protection? If so, protection from what? Hmm... of people actually speaking out against his presence on right? And, according to our "Sister" President:

that fosters an environment that is open for dialogue ening manner. This allows for open discussion, such on all of the evidence. This is the hallmark of an edu-on 02/07/2001 at 2:53pm EST)...

situation and why was the right to all of the evidence days before the installation ceremony? According to tion. So why was it denied in this instance? Further-of the administration of the College to remain non-par-may be fact, but where does the allegiance of the ad-allegiance lie in bringing in money for the school by

Celebrate Black History Month

Dear Spelman Sisters,

I am concerned with the involvement (or lack thereof) that we display as students.

Spelman teaches us to be soldiers of change in the world, yet we are so comfortable just "chillin'" in our dorm rooms or on the strip that we don't even make an effort to educate ourselves about issues that concern us, directly or indirectly. I have been to many political information sessions/forums but only see the same faces. Unless it's for academic credit, the masses don't show up. And when credit is given, we carefully dip out one at a time after the sign-in sheets have been passed, or we just slide our social security number and name to our neighbor to sign for us. Where is that thirst for knowledge that brought so many of us here?

As young African American women in the year 2001, we reap the benefits of those who came before us. We do not have to ride the back of a bus. We have never been beaten for exercising our civil rights. We have never been slaves to anything other than our own minds. These privileges of history mean that we must strive to go further than those did before us. Unfortunately, without experiencing the struggle first hand, it is easy to forget it and take for granted the freedom that we have. It is easy to forget the rights that we can exercise, and most importantly, the people who fought to achieve these rights. We have gotten too comfortable. We will never have to fight for the same things that generations before us did, for with every generation things will progress. My fear is that this progression will become stagnant with our generation. Have we dropped the ball? Are we doing all we can?

Once our people risked their lives to read. There was a time when knowledge was stolen, not for a grade, but for dignity and integrity. Knowledge was the only thing that proved you were more than a slave, nigger, or coon. Knowledge gave our minds the freedom we could not experience physically. Knowledge provided us with the self-respect and determination we needed to survive as a people. I say that because we need to remember how lucky we are. How only 150 years ago our people stood on this same land and prayed for the day their children and children's children would be able to walk so freely, talk so freely, but most importantly learn so freely. The odd thing is now we tend to say nothing. After all the fighting and dying, it is upsetting to think we would let progress stagnate. We are no longer focused on overcoming the obstacles we still have, but we are happy living with what society deems adequate.

I have faith in you, my sisters. We are all here and have an obligation to our people and ourselves to make the most of the opportunity we have been given. We must remember that the future is not certain, especially with the new leader of our country. We must still fight and continue to fight until every battle is won and every person equal.

Nichelle Fonville

English Major

c '04

We shall overcome... today!

One afternoon, not long after this semester had begun, I was awakened from my nap by a telephone call. On the other end of the line was a Spelman student asking if I would lead freedom songs for a group of students who were going to participate in the Martin Luther King, Jr. march. I agreed and she ended the conversation with "Bring a friend!" I felt honored to be asked, and made a mental note to jot down the date in my planner.

Before I knew it, the day had arrived. That morning, I made a list of freedom songs I remembered from my "Selma and Beyond" class, and left my apartment humming the tunes. The sun was shining and the weather was unseasonably warm. To my surprise, I walked into a crowd of students waiting patiently in lower Manley for the day to begin. We were given instructions from our student body president, I went over a few songs with them, and we left for the MARTA transit station.

When we got to Peachtree Street, there was a sea of people crowded everywhere! Fellow students from the AUC were "representing," too. It seemed as if it was going to be a wonderful event. I asked Tamaria, Spelman Student Government Association president, if she wanted me to start the songs. To my surprise, she wanted me to start the songs for everyone there in the area! My heart began to beat fast as she led me up to the man with the bull horn who was standing on a trashcan. He introduced me as a student from the AUC and two men lifted me up onto the trashcan so that I could be seen.

I looked at all those people coming to support Martin Luther King, Jr. and his dream, and my heart steadied. I told the crowd, "We are here to commemorate a man that stood for justice for all people, all races, religions, and from all walks of life... I took part in a march in Selma last year, and led some freedom songs. I would like to lead you in a few of them." We then began to sing songs like, "Eyes on the Prize," "Oh Freedom," "Hallelujah" (a popular song "Selma and Beyond" students adopted to sing during the march we participated in last semester), and "We Shall Overcome." Everyone linked up during the latter song and began to sway. It was awesome to see so many young people, students, different Greek organizations, and people from the community, together, singing "We Shall Overcome." There was one change, however. We said "today" instead of "someday." For us to make a change, we know that it begins today. Cheers were given. Two nice men helped me off the trashcan and I took my place among the people.

We began to march. I watched as women and men, people of all colors, and children looked at us from the sides of the street, watching us march and sing. That was my highlight. We were out there on Saturday morning making a statement. We cared and we were still marching in support of those ideas that King stood for and that we should continue to stand for.

Before the march ended, someone in front of me began the Spelman hymn. We sang that and not too long after, the march was over. The time passed so quickly! Before leaving for the MARTA station, I happened to look to my right to see a young man who I later found out was a graduate student from the University of Georgia. The young man told me that we sounded so good singing that he and his friend left the group they were marching with to join ours! We began to talk after the march and I told him about the course that I took, "Selma and Beyond," and the people that I have met like, John Lewis, Elaine Brown, and Taylor Branch. We shared ideas about where we are today as a community of people. I gave him the titles of some books in which he could read about the movement, and we exchanged email addresses. The student was a Jew. Though he is not African American, he cares deeply about the community and issues that affect us all. He said being among us made Martin Luther King Day to him. He was inspired to learn more, and we still keep in touch.

Reaching out, connecting, and spreading knowledge is what it is all about. Taking our concerns outside of the classroom and linking with people to make moves towards a more harmonious community for us all is a necessity. It starts, today. Even if we do not experience immediate effects, the actions, dialogue, and activities we take part in, today, will help us prepare for our victory in the future. I was very pleased with my experience. I was proud to be a Spelman student and part of the march. My desire is that we will continue to become involved with activities that dispel apathy among youth, instill hope for our future, and aid in shaping the brilliant leaders and compassionate women we know we can be for our tomorrows!

Philathia Bolton
c' 02

Poetry Corner

Breathe Deep and Exhale

By: Shauna Watkins

Breathe deep and exhale
The feelings that flow within you
Let the rhythm of your ancestors enter your soul
Breathe deep and exhale
The emotions and frustrations that bind us to our past
Feel the relief of being free from the chains that held you captive
Breathe deep and exhale
The physical burdens that raised our cultural awareness
Break the boundaries that took so long to put up
Breathe deep and exhale
The essence of your life's mysteries
Take the stereotypes other place upon you and throw them away
Breathe deep and exhale
The woman hood that has been passed down to you
Enhance your mother's teachings and pass them on
Breathe deep and exhale
The passion of your innermost desires
Open your mouth, lift up your hands, and rejoice

"The truth is that love is buried in your soul, and no relationship with anyone can unearth it or activate it in your life."

-Iyanla Vanzant
"In the Meantime"

Being in Love with the Possibilities

By Kirstyn Brown

Seeing you here in this neutral space
Listening to your thoughts, embracing your mind,
In our space, there is no concept of time.
As our two distant worlds, cohesively collide,
Rapidly gaining more access
It doesn't matter how one cares to dress.

Consumed with every possible emotion, to the point of no return,
Completely wrapped up, caught up, seemingly bound,
Going so good, don't want this to ever get to the 12th round.
Forever; forever is a word that is frequently spoken out loud
Telling the whole world how you were so proud
Could this be love?

Oh! Look at you now!
How much has your every word, expression, and thoughts grown!
Nurturing, uplifting, and leading your brother
Confiding, consoling, and listening to each other.

Reality is setting in
We never thought it was gone,
Right in front of your face, temptation arises
Here we go again.

Will not beg, plead, or cry
Holding on to the talks and moments of both of our lives
Remembering our space; solely you and me
Seeing so much to you that I don't want to let go
Hoping that the momentary insanity,
Will not cause you blindness to what is meant to be.
Oh, Being in Love with the Possibility

In love, there are endless possibilities

unlimited

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